

# NORTH LAUREL 50+ CENTER

July 2021



**9411 Whiskey Bottom Road**  
**Laurel MD 20723**  
**410-313-0380**

50+ Center Hours  
Monday - Friday  
8:30 am - 4:00 pm

**Located in the**  
**North Laurel Community**  
**Center**  
**410-313-0390**

NLCC Fitness Center Hours  
Monday - Saturday  
8:00 am - 9:00 pm  
Sunday 9:00 am - 6:00 pm

**50+ Centers General Info**  
**410-313-5400**

**Center Email**  
nlaurel50@  
howardcountymd.gov

**Newsletter Online**  
www.howardcountymd.  
gov/northlaurel50

We are excited to welcome you back into the North Laurel 50+ Center! We have re-started Crafting Club, Game Day and Sit, Stitch 'n Give and will be live streaming some virtual programs at the Center. Other programs and services will be phased in to compliment the Go50+ Fitness access to the fitness room, Walking Club and playing billiards.

Stop by the North Laurel 50+ Front Desk to say hello and for the latest information on what is going on. Be sure to scan your membership card when you arrive.

The Office on Aging and Independence will continue to offer **virtual programming** to engage, inspire and motivate. These include exercise classes in various formats and levels as well as creative, social and lifelong learning opportunities. Check them out at [howardcountymd.gov/50pluscenters](http://howardcountymd.gov/50pluscenters).

Our **50+ Center Information Line** has the information on all Howard County's 50+ Centers at 410-313-5400. Each Center's newsletter is available online at [www.howardcountyaging.gov/50pluscenters](http://www.howardcountyaging.gov/50pluscenters).

The 50+ Center is closed Monday, July 5th to celebrate Independence Day

## **Americans with Disabilities Act Accommodations**

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-0380** at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

## STAFF

### 50+ Center Staff

**Trisha Olsen, Director**

tolsen@howardcountymd.gov  
410-313-0389

**Lucky Sohi, Assistant Director**

lsohi@howardcountymd.gov  
410-313-0380

**Carmen Faye, Registrar**

cfaye@howardcountymd.gov  
410-313-0380

**Cheryl Campbell, Nutrition Specialist**

chcampbell@howardcountymd.gov  
410-313-0387 (Mon, Weds & Fridays)



### Connections at North Laurel Staff

**General Number** 410-313-7218

**Nancy Riley, Connections Director**

nriley@howardcountymd.gov  
410-313-7691

**Nakear Frazier, Connections Program Assistant**

nfrazier@howardcountymd.gov  
410-313-0396

### Staff Updates

**Cathy Burkett** has returned to Glenwood 50+ Center as their Assistant Director and to support virtual and community programming  
**Rachel McCracken** retired from her County position as Connections Assistant Director in April. She is active as a volunteer and is looking forward to traveling again.

**Regina Joffe** is now a Program Assistant at the East Columbia 50+ Center. Catch her hosting many of our Virtual programs.

## ON-GOING PROGRAMS

### Walking Club

Monday - Friday 8:30 am

Meetup in the morning for a brisk walk around the indoor track - 12 laps equals 1 mile. The track is available anytime NLCC is open and there is no organized activity in the gym.

### Billiards and Table Tennis

Monday - Friday 10 am to 4:30 pm

Availability will vary based on summer camps. Call 410-313-0390.

### Crafting Club

Wednesdays 1 pm to 3 pm

Share ideas, connect and create easy do-it-yourself projects in an engaging environment. All crafters are welcome! Please bring your own materials.

### Open Game Day

Thursdays 1 pm to 3 pm

Enjoy an afternoon of open game play. Room reserved for those willing to share the space with others playing different games. Bring your own or choose from ones at the Center.

### Sit, Stitch 'n Give

Fridays 11 am to 2 pm

Gather to socialize and stitch projects for personal use or community giving. Knitters, crocheters, fabric crafters and others come together to share their talents. Drop in on this fun and ageless group who happily share fellowship and conversation.

# Programs

## In-person Programs

**Please register at the 50+ Front Desk**

### Nutrition Education & Consultations

**Monday, July 12, 9 am to 11 am**

Carmen Roberts, RD, LDN, is available for individual consultation sessions to answer questions about diet and nutrition. Sign up at the 50+ Front Desk for a 30 minute session or 1 hour for diabetics. She will also provide information in a group setting on topics to improve your health and quality of life through nutrition.

### Line Dance

**Tuesdays, 11:15 am to 12:45 pm**

**\$5 for month**

Learn today's popular step sequences in these fun weekly sessions. The first half of the class is basic and beginner refresher steps and the second half is more advanced sequences. A fun and interactive way to be more active.

### Massage Therapy

**Wednesdays & Fridays, 10 am to 1 pm**

Experience the relaxing benefits of massage therapy to help relieve the stress in your life. Full body 60 and 90 minute sessions are available. Services provided in the Health Room by Ellen Consoli, LMT. All LMT professional COVID protocols will be followed to ensure safety.

\$68 for 60 minutes

\$ 96 For 90 minutes

**Make an appointment at the 50+ Front Desk**

## Streaming Programs at the Center

Programs will be broadcasted virtually for members to gather and enjoy together

**Please register at the 50+ Front Desk**

### Keeping Your Cookout Food Safe

**Thursday, July 15, 12 pm**

Love to grill out in the summertime? Join our nutrition experts who will offer tips on the best way to grill out safely this summer. New recipes and grilling techniques will also be shared by Carmen Roberts, R.D. and Nutrition Specialist Cheryl Campbell.

### Walters Virtual Tour - "The Art of Looking"

**Thursday July 29, 11:30 am**

How do we look at a work of art? Guided by a docent educator, practice your skill at looking to gain a deeper understanding of works from the Walter's collection. What will you notice? And, what does it mean?

## Connections at North Laurel

This social day program assists members with cognitive challenges while supporting their caregivers with respite. Connections is a therapeutic, fee-for-service program that engages members and is overseen by Director, Nancy Riley, COTA.

For details on the program and updates on its return to North Laurel, contact Nancy at nriley@howardcountymd.gov or 410-313-7691.

# July North Laurel 50+ Center Activities

Streaming Programs are indicated in Blue			1 Open Game Day 1 pm to 3 pm	2 Sit, Stitch 'n Give 11 am to 2 pm
5 <b>Closed for Independence Day</b>	6 Line Dance 11:15 am	7 Crafting Club 1 pm to 3 pm	8 Open Game Day 1 pm to 3 pm	9 Sit, Stitch 'n Give 11 am to 2 pm
12 Mon - Fridays: Walking Club Go 50+ Fitness Table Tennis Billiards  Nutrition Education & Consultations 9 am to 11 am	13 Line Dance 11:15 am	14 Massage Therapy 10 am to 1 pm  Crafting Club 1 pm to 3 pm	15 <b>Keeping Your Cookout Food Safe 12 pm</b>  Open Game Day 1 pm to 3 pm	16 Massage Therapy 10 am to 1 pm  Sit, Stitch 'n Give 11 am to 2 pm
19 Mon - Fridays: Walking Club Go 50+ Fitness Table Tennis Billiards	20 Line Dance 11:15 am	21 Massage Therapy 10 am to 1 pm  Crafting Club 1 pm to 3 pm	22 Open Game Day 1 pm to 3 pm	23 Massage Therapy 10 am to 1 pm  Sit, Stitch 'n Give 11 am to 2 pm
26 Mon - Fridays: Walking Club Go 50+ Fitness Table Tennis Billiards	27 Line Dance 11:15 am	28 Massage Therapy 10 am to 1 pm  Crafting Club 1 pm to 3 pm	29 <b>Walters Art Gallery Tour 11:30 am</b>  Open Game Day 1 pm to 3 pm	30 Massage Therapy 10 am to 1 pm  Sit, Stitch 'n Give 11 am to 2 pm